



Womack’s Blue Ribbon Bistro Menu Week II

Sunday 16 October 2011	Monday 17 October 2011	Tuesday 18 October 2011	Wednesday 19 October 2011	Thursday 20 October 2011	Friday 21 October 2011	Saturday 22 October 2011
<i>BREAKFAST</i> Monday thru Friday: 0600-0900 , Continental Breakfast (limited menu availability) 0900-1000 Weekends & Holidays: 0600-0800, Self Service Bar 0800-0900 (limited menu availability) 0800-0900 <i>Eggs, Omelets, Hash Browns, Pancakes, Sausage, Bacon, Biscuits, Toast, Bagels, English Muffins, Grits, Oatmeal, Fresh Fruits, Yogurt, and Assorted Cold Cereals offered daily</i>						
<i>LUNCH</i> Monday thru Friday: 1100-1400 (Short Order, Main line closes at 1330; Salad Bar, Specialty Bar, and Sandwich Bar Available until 1400) Weekends & Holidays: 1100-1300 (No Sandwich or Specialty Bars)						
	Bowtie Pasta Salad (\$0.20/oz) Chicken Gumbo \$1.15/12oz	Three Potato Salad (\$0.20/oz) Chicken Noodle\$1.15/12oz	Pistachio Parfait (\$0.20/oz) Chicken Tortilla Soup \$1.15/12oz	Sour Cream & Cheddar Macaroni Salad Vegetable Soup \$1.15/12oz	Coleslaw (\$0.20/oz) Chicken and Wild Rice Soup \$1.15/12oz	
Roast Turkey\$1.85 Yankee Pot Roast.....\$2.30 Cornbread Dressing.....\$0.55 Mashed Potatoes.....\$0.55 Green Beans.....\$0.55 Turnip Greens\$0.55 Hot Roll.....\$0.25	Baked Spaghetti\$1.40 Chicken Stir Fry.....\$1.95 Salisbury Steak w/Brown Gravy....\$1.60 Brown Rice.....\$0.55 Billed Squash.....\$0.55 Green Peas.....\$0.55 Cornbread.....\$0.25 Garlic Bread.....\$0.25	Baked Chicken.....\$1.60 Oven Fried Chicken.....\$1.70 BBQ Ribs.....\$2.25 Steamed Rice.....\$0.55 Macaroni & Cheese.....\$0.55 Black Eyed Peas.....\$0.55 Seasoned Greens.....\$0.55 Steamed Greens.....\$0.55 Steamed Baby Carrots.....\$0.55 Cornbread.....\$0.25 Garlic Bread.....\$0.25	Pepper Steak.....\$2.55 Grilled Pork Chop.....\$2.10 Sweet-n-Sour Chicken.....\$2.50 Mashed Potatoes.....\$0.55 Steamed Rice.....\$0.55 Fried Rice\$0.55 Egg Roll\$0.80 Cauliflower.....\$0.55 Oriental Blend Vegetables.....\$0.55 Cornbread.....\$0.25 Hot Roll.....\$0.25	Turkey Porcupine.....\$0.95 Linguine & Meatballs.....\$1.70 Chicken Fried Stk w/ Crm Gravy...\$1.40 Boiled Potatoes.....\$0.55 Steamed Rice.....\$0.55 Prince Edward Blend Vegetables...\$0.55 Steamed Cabbage.....\$0.55 Hot Roll.....\$0.25 Cornbread.....\$0.25	Steamship Round\$2.35 Lemon Baked Fish.....\$3.40 Tilapia Crusted Chipotle Lime.....\$2.40 Macaroni & Cheese\$0.55 Oven Roasted Potatoes.....\$0.55 Vegetable Medley.....\$0.55 Okra & Tomatoes.....\$0.55 Hot Roll.....\$0.25 Cornbread.....\$0.25	Baked Chicken.....\$1.60 Beef Bulgogi.....\$2.15 Egg Noodles.....\$0.55 Steamed Rice.....\$0.55 Corn\$0.55 Fried Cabbage.....\$0.55 Steamed Cabbage.....\$0.55 Cornbread.....\$0.25
<i>Specialty Items</i>	Taste of the Orient Bar Pizza.....\$1.45-\$2.60 French Fried Potatoes \$0.75	Pasta Bar (\$0.15/oz) Fishwich.....\$2.30 French Fried Potatoes \$0.75	Fiesta Bar (\$0.20/oz) Pizza.....\$1.45-\$2.60 French Fried Potatoes \$0.75	Starter Bar Sweet Potato Fries \$0.75	Potato Bar (\$0.15/oz) Sloppy Joe.....\$1.05 Pizza.....\$1.45-\$2.60	
<i>DINNER</i> Served Daily 1600-1800						
Beef Pot Pie w/ Biscuit Topping..... \$2.95 Savory Baked Chicken.....\$1.60 Buttered Noodles\$0.55 Steamed Rice.....\$0.55 Steamed Cauliflower.....\$0.55 Carrots.....\$0.55	Smothered Chicken Italiano..... \$1.95 Lemon Garlic Crusted Cod.....\$3.05 WW Penne Pasta.....\$0.55 Mixed Vegetables.....\$0.55 Prince Edward Blend Vegetables....\$0.55 Cornbread.....\$0.25 Garlic Bread.....\$0.25	Five Spice Beef.....\$2.85 Baked Ham\$1.00 Rice Pilaf.....\$0.55 Brussels Sprouts.....\$0.55 Corn O’Brien.....\$0.55 Cornbread.....\$0.25	Grilled Bratwurst w/ Sauerkraut....\$1.35 Six Cheese Lasagna.....\$1.80 Au Gratin Potatoes\$0.55 Spinach.....\$0.55 Green Bean Combo.....\$0.55 Cornbread.....\$0.25 Garlic Bread.....\$0.25	Chicken Cordon Bleu\$2.85 Beef, Mushrooms w/ Pearl Onions..\$2.85 Steamed Noodles.....\$0.55 Wild Rice.....\$0.55 Broccoli.....\$0.55 Carrots.....\$0.55 Hot Roll/Cornbread.....\$0.25	Chicken Parmesan\$2.40 Meatloaf w/ Brown Gravy.....\$1.45 Scalloped Potatoes\$0.55 WW Penne Pasta.....\$0.55 Green Beans.....\$0.55 Brussels Sprouts.....\$0.55 Garlic Bread/Cornbread.....\$0.25	Spaghetti w/ Meat Sauce\$1.75 Oven Fried Pork Chop w/ Gravy.....\$2.35 Mashed Potatoes.....\$0.55 Broccoli Spears.....\$0.55 Garlic Bread\$0.25
<i>DESSERTS</i> Cookies (\$0.85), Ice Cream Bar (\$0.20/oz available Monday through Friday), Ice Cream Novelties (\$0.50)						
Apple Spice Cake.....\$1.10 Strawberry Cream Pie.....\$1.05	Coconut Layer Cake.....\$1.10 Apple Pie.....\$1.05	Chocolate Layer Cake.....\$1.10 Sweet Potato Pie.....\$1.05	Lemon Layer Cake.....\$1.10 Boston Cream Pie.....\$1.05	Carrot Layer Cake.....\$1.10 Lemon Meringue Pie.....\$1.05	Chocolate Layer Cake.....\$1.10 Pecan Pie.....\$1.05	Golden Cake w/ Chocolate Frosting..\$1.10 Coconut Cream Pie.....\$1.05

****The menu & prices are subject to change without prior notice due to the availability of food items and IAW AR 40-3 Chapter 8****
 **Follow the path to better health. Use the Go for Green system to guide your dining decisions. Green = Eat Often; Yellow = Eat Occasionally; Red = Eat Rarely.** 
Let us know how we are doing! Customer Comment Cards are located on the wall upon entering the dining room as well as on the NCD intranet site.